



*A Publication for Child Nutrition Programs in Indiana Schools and Institutions*

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## **An Alternative to Disposing of Leftovers**

**T**he United States Department of Agriculture (USDA) has announced their commitment to promote national awareness of food recovery and gleaning as an effective means of helping the hungry.

What does this mean for sponsors of the National School Lunch and School Breakfast Programs? It means those schools that occasionally have unexpected meal or food surpluses may donate the leftover foods to food banks, food pantries, homeless shelters, and similar organizations designed to provide emergency assistance to people in need. This does not preclude sponsors from planning and preparing with the intent to serve one meal per child per

day. The USDA does recognize that on occasion cases may arise that result in schools having quantities of food on hand which will be wasted unless it is made available to organizations providing emergency assistance to people in need.

How do schools report the donated foods or meals on the claim for reimbursement? The donated meals may not be claimed for reimbursement as a meal served to children. The cost of the food is an allowable operating expense. It would be a sound management practice to document the donation by recording the agency and the foods donated, but no further documentation is needed for the purposes of the National School Lunch and School Breakfast Programs.

## **Indiana's Innovators Receive Awards**

**ASFSA Heart of the Program award to:**

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Jennie Allen, Assistant Manager, West Noble Elementary School, Ligonier, IN.

Presented to recognize a school foodservice employee's valuable program contribution in working with their manager to prepare and serve appetizing meals to children making the difference between an average program and an outstanding program. There are state and regional winners, too. Jennie first won the Indiana and then the ASFSA Mideast Region award.

**ASFSA Thelma Flanagan Gold award to:**

JoAnn Bozell, 96-97 President, Indiana School Food Service Association, and Food Service Director, Bartholomew County Schools, Columbus, IN, pictured left. Presented by Rita Mareno, center, and Jerrie P. Newton, MS, RD, Director, School and Community Nutrition Programs, right.

This award is presented only to state presidents who complete the goals and objectives of ASFSA's Plan of Action.

**ISFSA Louise Sublette Award of Excellence to:**

Shirley Walter, Manager, McArthur Elementary School, Crown Point, IN.

Presented to the Indiana single unit person who has chosen a goal that will help the nutrition program in his/her school to grow or improve and has reached that goal.

**ISFSA Nutrition Advisory Council (NAC) award to:**

Shirley Walter, Manager, McArthur Elementary School, Crown Point, IN

This award is presented to the Indiana Nutrition Advisory Council that earned the most points for participating in this year's competition.

## School Food Service Accounts

by Julie Sutton

Federal regulations (7CFR part 210.14(a)) state that, "School food authorities shall maintain a nonprofit school food service. Revenues received by the nonprofit school food service are to be used only for the operation or improvement of such food service...." Part 210.2 defines revenue as, "all monies received by or accruing to the nonprofit school food service in accordance with the State Agency's established accounting system, including but not limited to, children's payments, earnings on investments, other local revenues, state revenues and Federal cash reimbursements." The State Agency's prescribed accounting system is established by the State Board of Accounts.

Interest earned on school food service funds, children's payments and Program reimbursement must be credited to the school food service account and used only for Program purposes.

USDA funds for Program reimbursement must be entered into the school food service account as soon as possible upon receipt. If Program reimbursement funds are held in a different account, such as a general fund, before being placed into the school food service account,

any interest on this revenue must also be credited to the school food service account.

## Summer Opportunities

This summer when some children in your community ask, "What's for lunch?" the answer for many will be "nothing." Thousands won't eat a nourishing meal or will simply go hungry.

There are hungry children in every community. In 1968, Congress addressed this problem by creating the Summer Food Service Program for Children. This program offers communities a golden opportunity to provide nutritious meals to low income children during the summer. Many communities are not offering these programs, and in some cases families may not even know they are available. In 1992, only 15 percent of low income children who participated in the National School Lunch Program also received summer meals.

We need the help of community leaders to bring this program into their communities and reach those hungry children in the summer. This program can be operated by schools, government agencies, camps and non-profit community agencies. Please contact Mike Gill, Program Coordinator, at the Department of Education, Division of School and Community Nutrition Programs, at (317) 232-0850 or (800) 537-1142 for further information.

### Munch the Fox



## Lactose Intolerance

By Suzette Hartmann

Lactose intolerance is a set of symptoms a person with lactose maldigestion may experience after consuming milk or foods made from milk. Symptoms such as gas, abdominal pain, or diarrhea can occur because the body cannot digest and absorb lactose. Lactose is milk sugar - a simple carbohydrate. Lact means "milk" and ose means "sugar." A person with lactose maldigestion does not produce enough of the enzyme lactase which breaks down lactose so it can be absorbed. Symptoms may be slight to more severe depending on the amount of the lactase enzyme the body produces. Lactose maldigestion or intolerance is not the same thing as a milk allergy.

Individuals who have been diagnosed with lactose maldigestion have varying levels of intolerance to dairy foods but generally do not have to avoid eating dairy foods. Milk and other dairy products are an important source of protein, calcium, riboflavin, vitamin A, Vitamin D, and other nutrients. The milk group provides about 75 percent of the calcium in our food supply.

Suggestions on including milk and milk products in the diet:

- C Slowing the digestive process by consuming milk products with other foods can reduce or avoid symptoms.
- C Consume smaller portions of milk or milk products, but include more servings throughout the day.
- C Try different kinds of cheese. Hard cheeses like Cheddar, Swiss, or Parmesan have the lowest lactose content.
- C Yogurt containing live and active cultures may be better tolerated than milk.\*

Individuals should follow the advice of their doctor or registered dietitian. It may be recommended to consume lactose-reduced milk products, use lactase enzyme drops or take lactase enzyme tablets.

Individuals who are very sensitive to lactose should carefully read ingredient labels. Some nondairy processed or baked foods contain lactose or lactose-containing ingredients. Look for words such as whey, milk solids, buttermilk, malted milk, margarine, and sweet or sour cream.

Now that yogurt may be credited as a meat alternate for all meals in the Child Nutrition Programs, meeting the nutritional needs of children who are lactose intolerant is easier. Under the food-based menu planning systems, yogurt may be used to meet all or part of the meat/meat alternate requirement. Yogurt served may be either plain or flavored, unsweetened or sweetened. Remember that noncommercial and/or nonstandardized yogurt products, such as homema  
flavored  
bars,  
and/or  
products  
under the  
systems.



\*Adapted  
with Milk -  
Intolerance  
Dairy Council

frozen yogurt,  
de yogurt, yogurt  
products, yogurt  
yogurt covered fruit  
nuts or similar  
shall not be credited  
food-based

from "Getting Along  
For People with Lactose  
" from the National



## What is NAC?

By Suzette Hartmann

NACs are Nutrition Advisory Councils sponsored by the American School Food Service Association (ASFSA). NACs bring students together to learn and spread the word about the role that the school foodservice plays in a healthy lifestyle. It gives students the opportunity to offer advice on enhancing school meals and reinforces the idea that the program is for them. Also, NACs and Team Nutrition go well together since both programs have some of the same goals!

If you are already asking students to participate informally through taste testing, food preference surveys, or promoting the foodservice program, why not start a NAC at your school and become nationally chartered? There is an annual chartering fee of \$25. Nationally chartered groups can compete in ASFSA's Annual National Student Art Contest and in the NAC of the Year Awards Program.

The 1997 Indiana NAC of the Year winner was Douglas MacArthur Elementary School of Crown Point

Community School Corporation in Cedar Lake, Indiana. Shirley Walter is the school's NAC advisor. As the state winner, Shirley was awarded the prize of a trip to the Nutrition Advisory Council of the Year awards ceremony banquet and leadership training seminar held in conjunction with ASFSA's Annual National Conference. Douglas MacArthur Elementary School's council planned and conducted several activities, including:

☺ Celebrating Johnny Appleseed's birthday by passing out apples to teachers and holding an apple taste test party for second graders;

☺ observing Dairy Days by passing out bookmarks from the Wisconsin Dairy Council, dressing up in cow costumes and milk cartons, and having a dairy goat in school;

☺ decorating one of the cafeteria walls to promote school lunch;

☺ and, promoting egg-awareness by entering and winning the American Egg Board "I Love Eggs" Point-of-Sale/Display contest.

If you have questions or would like an application sent to you, please call Suzette Hartmann, Team Nutrition Coordinator, at (800) 537-1142 or (317) 232-0850.

## Montezuma's Food Fair!

By Suzette Hartman

On October 16, 1997 Montezuma Elementary School held a food fair as a Team Nutrition event to celebrate National School Lunch Week. A large part of the success was due to the special efforts of Jeri Heskett, Cafeteria Manager and Team Nutrition Leader. Jeri has worked with the 6<sup>th</sup> grade students several hours a week since the beginning of the school year preparing for the fair. The students broke into small groups and chose a country to study. The 6<sup>th</sup> grade students were in charge of the fair and manned all the exhibits. Some of the exhibits featured foods from various countries, and the students wore costumes representing the countries. The entire school was invited to sample the fare!

Students in grades four through six participated in a nutrition poster contest and the winners were announced during the fair. The food service staff and parents helped with some of the food preparation. Food costs were covered by donations from the PTO and Food Service Department. Costumes were loaned by parents, teachers and a local business. Guests were invited from surrounding schools. A local television news reporter came to interview the students. The interviews were shown the following Monday night during the education segment called *Top of the Class*.

Sixth-grade student offers a taste of Mexico during Montezuma's Food Fair.

Left to Right: Jeanette Martin, Food Service Director of Southwest Parke Community School Corporation, and Jeri Heskett, Cafeteria Manager at Montezuma Elementary School.

## More New Training Materials

by Diane Rice

Computer Exploration Kit      14 minutes  
Video/Manual

The Computer Exploration Kit provides resource information for those Food Service Directors who are not using a computer. The program includes a video and manual featuring a "How To" section with suggestions for ways to get started using a computer, a "Where To" section lists sources of information and help in using computers, an "Appendix" section consisting of a glossary and a nutrient analysis software comparison chart. Produced by Pennsylvania Department of Education 1997.

Many programs are available to borrow from the State Agency. To borrow this or another training program, call Diane Rice at (800) 537-1142 or (317) 232-0850.

## New Directors Meeting Well Received

By Janet Eigenbrod

The Division of School and Community Nutrition Programs recently hosted a workshop for new food service directors. The purpose of the workshop was to help new directors understand the role of the State

Agency and what is expected from local programs (reports, contracts, policy compliance, etc.). The availability of technical assistance from the State Agency was also emphasized. The Division staff made presentations which provided some background information and an overview of their particular responsibilities. In addition, there was a discussion focusing on the food service director's responsibilities relative to USDA and State Agency requirements. Directors who attended are now acquainted with the individuals they can call for assistance.

The workshop evaluations indicated that the program was extremely helpful and beneficial. A large percentage noted that the financial planning, records, and report training, were the most helpful. As a result of these comments, the Division is considering conducting financial training throughout the state in the future.

## Milk Labels to Change

By Janet Eigenbrod

For many years, the only important item we looked for on a milk label was if the milk was pasturized or not. As states became aware of the dangers of raw milk, they moved to eliminate this product from commercial markets and replace it with the pasturized product. Over the years we have become a calorie conscious society and started looking for the fat content. Milk wasn't just milk. We could select from a variety of fat contents, 3.5-, 2-, 1-, ½ percent or skim. Now, another change is coming. In 1990, new guidelines were issued for most all products sold to the consumer. Milk was given a temporary exemption from the new guidelines. Those foods previously exempted are gradually being brought into conformity. This is now true for milk starting in January 1998.

The labeling of 2 percent milk will be the most significant change. This item will now be labeled "reduced fat" rather than "lowfat" as many milk producers have been doing. Skim milk may now be labeled "fat free" or nonfat." While 1 percent or ½ percent will continue to be labeled as "lowfat," and whole milk (3.5 percent) labeling will remain unchanged.

Milk producers have indicated that they will continue to display the fat content percentages along with the new

label. This should make it easier for consumers to adjust to the new label requirements.

Milk producers will be able to display the American Heart Association red heart-check mark logo on their 1 percent and nonfat milk products to certify that the items conform to a healthful diet which improves health and reduces the risk of heart disease and stroke.

## Family Style Meal Service

**P**olicy 53 entitled "Family Style Meal Service" found in the Child Nutrition Program Instructions manual is to be followed for Head Start Centers and Residential Child Care Centers in the National School Lunch Program and School Breakfast Program. This instruction sets forth the following minimum practices for reimbursable family style meals:

- Enough food must be placed on the table to enable each child to receive the minimum portion of each component and to accommodate the supervising adult(s) if they eat with the children.
- Children must initially be offered the full minimum portion of each component.
- If the child does not initially accept the entire portion of any component(s), it is the responsibility of the supervising adult(s) to actively encourage the child to take the **full** portion during the course of the meal.

## The CRE Evaluation Process

**T**he CRE (Coordinated Review Effort) as required by federal legislation is based on two areas, "critical areas" and "general areas." All eligibility determination and accountability issues are contained in performance standard one of the critical areas and meal component issues are contained in performance standard two of the critical areas. The general review areas include the free and reduced price application process, food quantities, civil rights, monitoring, equipment and sanitation, reporting and record-keeping.

The CRE process requires the use of mandatory review forms and also requires that fiscal recalculations be made following an outlined procedure. The process also requires the State Agency to take fiscal action on any violation and to return to all schools with violations until the areas in violation are corrected.

Schools can avoid fiscal sanctions during a CRE review by being thorough and consistent in the manner in which they approve, maintain, and update students' eligibility status for meals. Meal count records need to be checked for accuracy during daily and monthly compilation to avoid errors. Maintaining correct data is the most important measure in avoiding fiscal sanctions.

## The SMI Evaluation Process

**E**ffective July 13, 1995, final rules amended the regulations governing the nutrition standards for the National School Lunch and School Breakfast Programs. The final rule requires that by the School Year 1996/1997, all school lunches and breakfasts comply with the recommendations of the Dietary Guidelines for Americans. This rule also establishes specific minimum standards for key nutrients and calories which schools must meet. The SMI (School Meals Initiative) Evaluation is a technical assistance conducted by the State Agency to assist the SFA (School Food Authority) in meeting the Dietary Guidelines for Americans.

If the SFA is not conducting their own nutrient analysis of their menus, the State Agency would conduct a nutrient analysis of one week's menu at the time of the evaluation. If the SFA is conducting nutrient analysis, the State Agency would review that analysis to determine if it is being performed correctly and to what degree the menu meets the nutrition standards and the Dietary Guidelines.

When the results of the nutrient analysis are determined the State Agency will assist the SFA in making any necessary changes. The State Agency will provide

guidance and technical assistance to support the SFA as they move toward meeting the Dietary Guidelines.

## Did You Know...

- , The Child Nutrition Programs governing agency Food and Consumer Service (FCS) has now changed its name back to Food and Nutrition Service (FNS).
- , On site reviews need to be completed by February 1 of each year. Keep them on file for review by your field consultant.
- , A new addition to the Food Buying Guide is available on the Internet at <http://schoolmeals.nal.usda.gov:8001>.
- , Schools may use a different meal planning option for breakfast and lunch.
- , Crediting policies do not apply to schools on NuMenus and Assisted NuMenus.
- , **REMINDER...**All nominations for the Senator Richard G. Lugar Award must be postmarked by February 28, 1998. Contact Annette Smith at (800) 537-1142 or (317) 232-0850 if you have misplaced the nomination guidelines. Someone you know could win the \$500 cash award.

## Milk Requirement

As of February 1995, schools have the flexibility to drop any milk choice that represents less than one percent of the total amount of milk consumed in the previous year. You should continue with the same milk options as last year, dropping the variety that is less than one percent of total milk consumed. If the school did not offer milk last year (new school or not on NSLP), a variety of milk types (more than one) must be offered. The language that appears on the "School Lunch Pattern-Per Lunch Minimums" in the regulations that states that schools are obligated to offer their students fluid whole milk and fluid unflavored lowfat milk is outdated.

## Child Nutrition to be Highlighted at Seminar

Nationally recognized Doris Derelian, PhD, MS, RD, NFADA, will be the keynote speaker for the annual Indiana Department of Education spring seminar, sponsored by the Nutrition Education and Training Program (NET). Topics Dr. Derelian will address include: the American Dietetic Association's Child Nutrition Health Campaign; the issue of specific dietary guideline recommendations for children; and the relationship between nutrition and physical activity in correlation to the increasing prevalence of obesity in America's youth. Dr. Derelian is recognized for her focus on the impact of nutrition in classroom learning. She was the American Dietetic Association President from 1994-1996, and is currently President of Health Professions Training in Fallbrook, California.

Other seminar topics will include: the value of the school breakfast program for children as demonstrated in the Minnesota Pilot Study; unique breakfast programs in Indiana; sanitation and food safety; and early childhood nutrition.

Continuing education credits/hours will be offered from the Indiana School Food Service Association, American Dietetic Association, Certifying Board of Dietary Managers, and the American Association of Family and Consumer Sciences.

The seminar is being held at the Indiana Convention Center in Indianapolis, on April 23, 1998. The all day seminar begins at 9:30 a.m. The registration fee is \$50.00. There is a \$20.00 discount if the registration form and payment are received by April 4, 1998. For more information call Suzette Hartmann (800) 537-1142 or (317) 232-0850.

In the operation of child nutrition programs, no child will be discriminated against because of race, color, national origin, sex, age, or disability. Any person who believes that he or she has been discriminated against in any USDA related activity should write immediately to the Secretary of Agriculture, Washington, DC 20250.



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